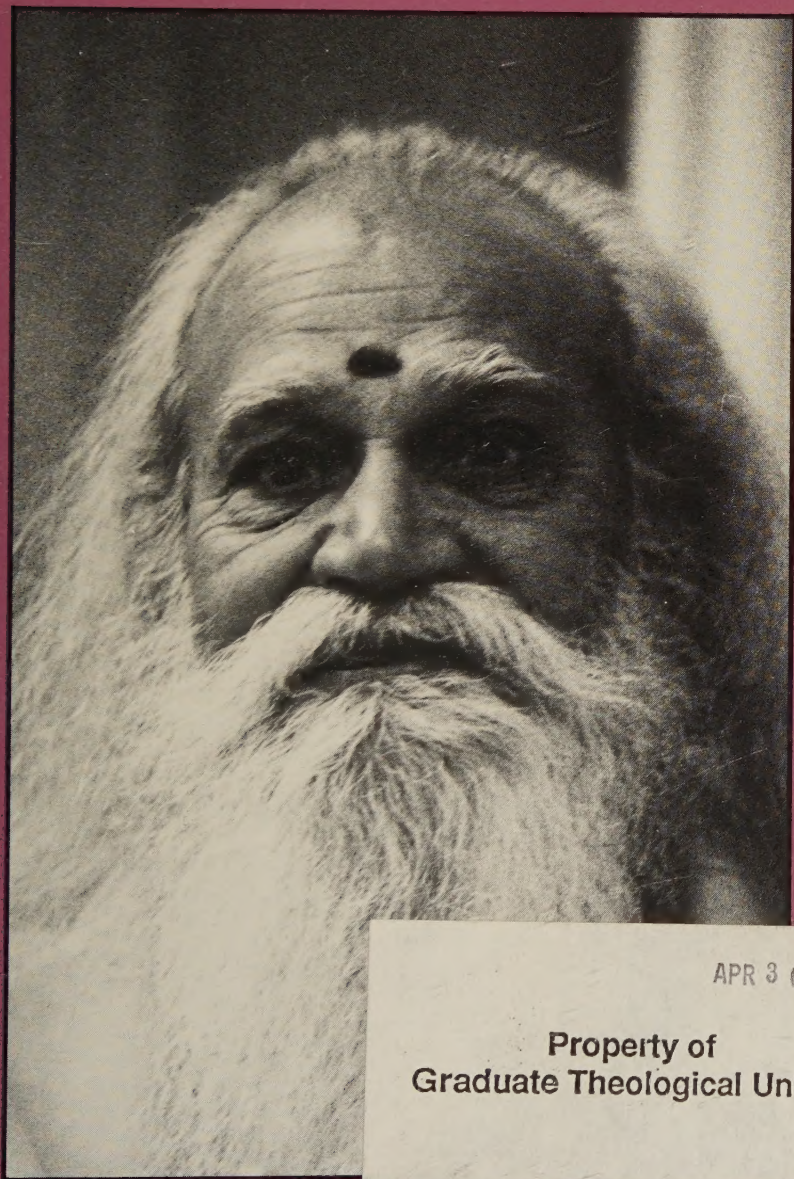


Integral Yoga®



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THE TEACHINGS OF SRI SWAMI SATCHIDANANDA
Spring 1992

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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. In these centers the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yoga - as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also available.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the Audio-Video, Publishing and Distribution departments, the Fine Arts Society, the elementary school, an affiliated Credit Union, and the international coordination offices for all Integral Yoga centers.

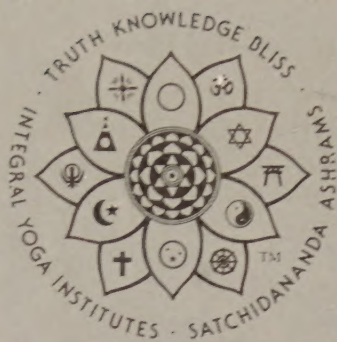
The LOTUS (Light Of Truth Universal Shrine), a shrine dedicated to the Light of all faiths and to world peace, is open to the public and is located in Yoga-ville, Virginia.

For more information, to arrange an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

LETTERS TO

Just recently, I had the very strong urge to go to our local bookstore. At any given time, I am reading ten to twelve books, and, certainly, did not need another one. I thought, perhaps, I could trick myself by buying a book for my girlfriend, so I closed my eyes and asked to be guided. When I opened them, my arm was strongly pulled towards the only copy of a book written by a swami whom I had never heard of before that day. The book was titled *The Golden Present*.

My girlfriend is a dietitian who works with [people who have] compulsive eating disorders, and, never once, has



SRI GURUDEV

she read anything written by a
swami. Now she has. She reads
[*The Golden Present*] every day.
Thank God for little blessings.
I thank Sri Satchidananda for
the beautiful role he has chosen
to play.

—J. B.

Toronto, Canada

Your magazine continuously
brings me joy and "lights up my
life" with inspiration.

May all of you know how
much you are appreciated.

—D.S.K.

Overland Park, KS

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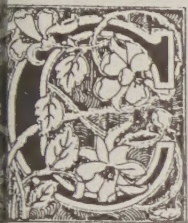
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SRI SWAMI SATCHIDANANDA
(called "Sri Gurudev" by his students)
is a master of Yoga, a world spiritual
teacher, and Guru of the students of
Integral Yoga. Dedicated to the ecumenical movement, his motto is: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely. Through every possible medium—lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the world—he shares his knowledge in the fields of education, religion, health and Yoga.



Setting The Right Example

by Sri Swami Satchidananda



Children are best taught by examples. It's not the words that carry much weight. The children watch you. They see you. They feel you. They listen to you even while you talk to others. And, naturally, they try to follow you, to imitate you. They are like apes—please forgive me for making this analogy.

See, if the daddy is a beautiful smoker, the children may not get their hands on the cigarette packet. They may go and roll a piece of paper and put it in their mouths. They will imitate. When the daddy puts a peg of whiskey in his mouth, they will probably go and take a little water and sip it: "I'm drinking." That's how they learn. When the parents do the asanas [physical postures], the children, without even telling, will come and lie down and they will try to pull the hands and legs here and there. They are good apes. So, set examples for them. You don't even need to tell them what to do then.

The best way to teach is by setting good examples. And when they are ready to listen and want to understand better, you can talk to them in a convincing way, not simply saying, "Do this! Don't do that!" Every time you say something like that, you should also present the reason: "It's for your own benefit. It's for your welfare, your physical health, mental health, your social health. If

you do this, you will ruin all that. If you do it the other way, you will enhance that." So, explanation is necessary.

Young children are eager to learn, sometimes even from the very birth or even while they are in the womb. Don't think that babies are just dummies lying in the cradle. Their ears are always open. Their eyes are watching always. They can learn everything by seeing, by hearing. So, we have to set good examples. And, at the same time, there are the school and the community. If you have really planted the proper seeds in their heart at home, they can even face school and the community and do well. I can proudly

Young children are eager to learn, sometimes even from the very birth or even while they are in the womb.

bring you some examples of our own children here at Yogaville. Some of them left our school for higher studies and went to the local high school. We had a little anxiety. Unfortunately, we seem not to

have had enough faith in our own children. "How would they do? What is going to happen?" But we are proud to say that when they went, they, in fact, transformed many of the children in the public school, who were never exposed to these teachings. To be more clear, many people dropped out of drinking, smoking, and using drugs because of our kids going to the high school. This happened because the proper seeds were planted, instilled, and the children were able to face the outside current. But, at the same time, we should not be overconfident. It's our duty to make sure that the children go to the right place, the right environment, the

right school. And if you really know that some schools are not following the much needed discipline and correct methods, it's even better not to send the children to those schools. Find some better place.

Our children here, our dance school children, will know that. What are the "Three D's" here, children? [The children respond:] "Devotion, dedication and discipline." Look at that, Don't you want to applaud that? That's what you call the "Three D's." Devotion, dedication, discipline. Any place can be shining beautifully if it has these three policies. We need these three wherever we go. And the discipline comes first. I would even say that I'd rather have the child stay at home, illiterate, but be a good child. A good child is more important than a literate child. If a bad child becomes a literate child, it can create wars. The present day modern schools, where you don't see the devotion, dedica-

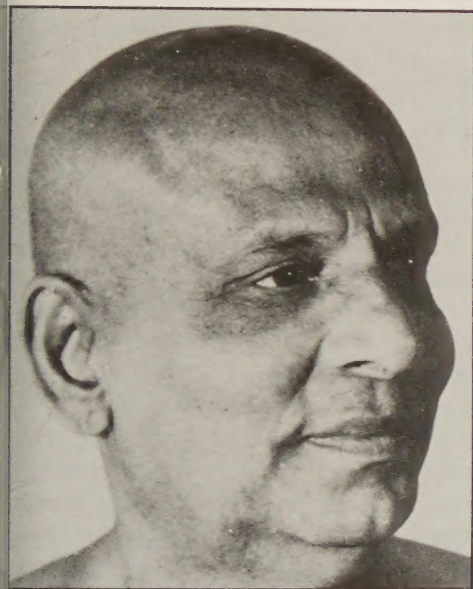
tion and discipline, where they just teach some academics, these schools are planting seeds for the disturbance of the whole world—problems, wars, and selfish attitudes. The selfish politicians, selfish scientists, selfish business people, all of them studied well: how to make money, how to do business, how to manufacture things, how to use atomic energy to make bombs, and how to drop them onto somebody's land. But they would never have done that if they had had devotion, dedication, and discipline. So, the right science in the wrong hands will ruin the entire world. On the other hand, a good child, without any scientific knowledge, won't bother the world.

Thus, character is most important. That's what we should see in our children first and in our own selves. You cannot simply tell the children something and then do something differently. ■



Eternal Life

by Sri Swami Sivananda



ow to live

Be in the world, but not of the world.

Enthroned the Lord in thy heart. Be a hero in the internal fight. Have

the goal in sight. Disseminate knowledge of what is right.

Teach your children to feel that they are the future citizens of the world.

Ever live within your income. Save when you are young, spend when you are old. Never run into debt.

God is the Inner Ruler. Root yourself in Him.

Immortality is thy birthright. Realize

this here and now.

Expand. Evolve. Grow.

Forget not the goal. Awake. Achieve the goal.

Control the mind. Have a balanced mind. Coax the mind. Discipline the mind. Keep the mind fully occupied. Inquire: "Who am I?" Search, understand and realize. There is only one Atman. Feel oneness with all.

Be tolerant. Behold the unity of all faiths, cults, creeds and religions. Respect the views, opinions and sentiments of all. There is some truth in everything. Views and opinions are different aspects. Do not quarrel with others.

Behold the light that shineth everywhere. Strive for divine life. You will attain eternal peace and immortality.

Concentrate all your attention on the work at hand. Live this day well. Yesterday has joined the hoary past, a finished product on which you need bestow no more attention. Tomorrow is yet a long way off, and it will bring with it time enough for its work. Forget the past, ignore the future. Live in the present; the future will take care of itself.

Way of Love and Light

Sparks of the Divine Flame, tread the path of righteousness and truth, which is the way of love, which is the way of light. Walk in the footsteps of the great saviours and saints of the world. Associate with the saints and sages and grow in purity and wisdom.

Thirst for the vision of God. Have real spiritual hunger.

Admit your faults and weaknesses. Then alone will you evolve. Eradicate self-justification. Then alone can you annihilate the ego.

Lead a simple life. Lead a regulated

life. Stick to your principles. Be adamant. Strengthen the will. Draw strength and power from within. The Atman is a magazine of infinite power and strength.

Ignorance, desire and selfish works are the fetters that bind you. Break them and be free.

Spiritual *Sadhana* alone can transform you into Divinity. Train yourself in the language of God. Silence is His language. Meditation and contentment are the secrets of good health and longevity. Introspect and search for Him within your own heart. Look within. Gaze within. Remove the veil. Attain knowledge of the Self. Knowledge gives freedom. Knowledge slays ignorance or *Avidya*.

Meditate in *Brahmamuhurta*—the early morning hours. Practice meditation regularly. Tape the source and attain strength, power and wisdom. Meditation leads to eternal bliss. Therefore, meditate, meditate.

Be frank like a child. You will enter the realm of eternal bliss. Be humble, be simple, be gentle, be sweet.

Gird up your loins. Be up and doing. You will attain success in everything.
Be in tune with the infinite

Withdraw the senses. Meditate. Be in tune with the Infinite. Meditate. Taste the

eternal bliss. Realize the infinite bliss. Become silent. In silence the truth will shine. Look within. Be still. Hear the inner voice of God. Feel that you are the all-pervading Atman. Live in the Atman. Rejoice in the Atman.

Develop pure love. Have a broad vision. Love all, serve all, behold the Self in all. Appearance is indwelt by Reality, or Brahman.

You cannot know the love of God till you remove your sense of "I"-ness and "mine"-ness. When you love God, you love everything. All are His manifestations. When you love God, the entire world becomes dear to you. The highest use of life is to live it in the service of all beings. Love knows no reward. Love knows no fear.

Space is no limitation. Thou art the all-pervading Soul. Saturate your mind with divine thoughts. God is immanent in the universe.

There is no pleasure in finite things. The Infinite is bliss Itself. Live in tune with the Infinite. Rejoice in the Self alone. The sole object of life is the attainment of Self-realization, or absolute freedom. Devote every minute of your life to this grand attainment. ■

—from *Wisdom Bliss*



Yoga and Health

Sandra Amrita McLanahan, M. D., is a dynamic, highly acclaimed speaker and nationally recognized authority on preventive medicine, nutrition, stress reduction, and primary family health care. She is attending physician at the Institute for Higher Healing in Richmond, VA, and serves on the Board of Directors of the Integral Health Center, and is a resident of Yogaville.



A Farewell To Coffee

by Amrita McLanahan

Nutty, Dark and Deep,
You have been such a grand and good
friend;
Comforting in late night solitudes,
Encouraging in sleepy struggling mornings.

Mahogany-scented, beckoning
To Kubla Khan's Aladdin Dream;
Magic carpet with ever-changing patterns:
Our love affair *must* end.

Weep not! It is to a far, far better place
The dark black circles of
Unclaimed luggage beneath my eyes
Now travel.

It's called Health.

Sleep sweetly, Dearly Beloved.
You make better soil for my houseplants
Than for me.

Farewell, at last, farewell.
The Spring rains are finally here,
And you will no longer rob me of my youth.

I am switching to the Slow Lane,
Getting to know the tortoise in me.
Sure; Steady; Faithful: ready for
The long, shadowed, interior struggle.

Bon Voyage, Cher Ami.
Just don't wake me up
Too early
Tomorrow morning.



The Russian Connection

by Kumari de Sachy



Evelina Zhdanova and Galina Molodtsova with Sri Gurudev.

A few years ago, Sri Gurudev visited the Soviet Union. Since then, a link has been established between spiritual seekers there and residents of Satchidananda Ashram-Yogaville. Communication takes place primarily through the mail, but this summer, we had the great pleasure of welcoming two delightful—and inspiring—friends from Russia, Evelina Zhdanova and Galina Molodtsova.

Evelina and Galina are members of the Moscow branch of Unity in Yoga, and they came to the United States, for the first time, at the invitation of their American Unity in Yoga sisters and brothers. These two energetic, warm-hearted women eagerly accepted our invitation to experience life at Yogaville, and during their week-long visit,

they openly shared with us their experiences and insights, their hopes and aspirations.

Warmly welcomed by Sri Gurudev during Saturday evening satsang, the two Muscovites also visited the homes of community members, took a trip to the nearby city of Charlottesville, and gave an evening program at the Ashram, where they answered questions about and described the various healing methods currently practiced in the Soviet Union. Evelina teaches Yoga and is a well-known healer who has helped to cure many “hopelessly” ill patients. Galina, whose English is fluent, is a professional translator and is also involved in healing and teaching Yoga. As Galina translated, Evelina explained that in her practice, she often us

water to heal. According to Evelina, the possibilities of water, especially cold water, as a method of healing are unlimited. For example, to increase immunity she prescribes going to a frozen, still body of water (a lake or pond.), making a hole in the ice, and jumping in and out quickly; she recommends this method for both adults and children. When a child is born, Evelina recommends pouring cold water on both the baby and the mother; this also increases immunity. She also explained that still water has memory and that it can be energized by one's hands, holding the hands over the water and repeating affirmations.

Evelina's healing practice is informed by her conviction that all the elements of earth have healing properties. She shared with us two traditional Russian methods to cure headaches. One simple technique is to put your head against a cedar tree; another is to put small, round circles of copper (pure copper coins will do) on the forehead and on each temple until the pain soon disappears. Pranayama, according to Evelina, will also someday become a popular healing method; breathing techniques are already widely used in Russia. Evelina also teaches mothers to do "baby Yoga" with their children, rolling the baby and turning it upside down from the first day of birth. She acknowledged throughout her discussion that for healing to take place, one must purify oneself, and here she stressed the importance of good diet and living life in accordance with *yama/niyama*.

Ever willing to answer questions about life in Russia and to share their perceptions and experiences with respect to social, health, and spiritual issues, Evelina and Galina readily accepted an invitation to visit the Buckingham High School English class taught by Yogaville resident, Dhyani Simonini. The two visitors from Russia were quite moved by the enthusiastic welcome they received from Dhyani's students, who

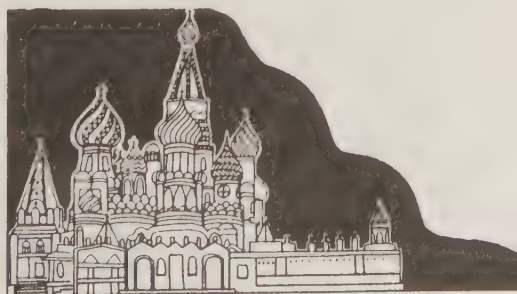
asked many questions about the lifestyle of their Russian peers and were especially delighted to learn that music is just as important to Russian teenagers as it is to their American counterparts. Several students expressed such a keen interest in visiting Russia that Evelina, Galina, and Dhyani suggested that perhaps a student exchange program might be created and that a

group trip might be arranged in the near future.

Before leaving Yogaville to continue their tour of America, Evelina and Galina met with Sri Gurudev, who invited them to continue communicating with their Yogaville friends. In fact, Evelina and Galina are involved with a newly published magazine, *Inward Path*, which is published in English as well as in Russian, and Sri Gurudev suggested that we exchange magazines. I'm happy to report that this exchange has already begun. We have sent them our latest issue of *Integral Yoga Magazine*, and we have already received the first English language copy of *Inward Path*.

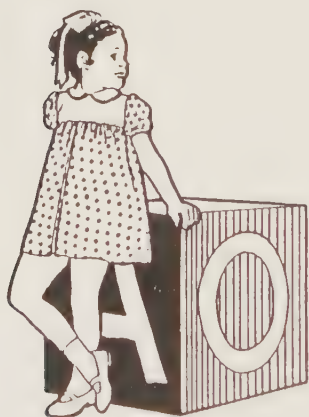
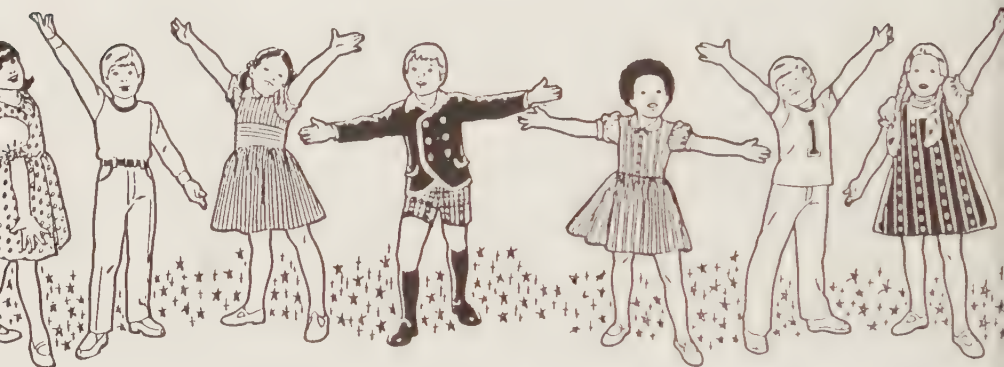
We look forward to strengthening the connection and expanding communication between spiritual aspirants and Yoga students all over the globe, and our prayers and best wishes go out to our new friends, Evelina and Galina, and to all our brothers and sisters in the Soviet Union who, in the face of many hardships, have embraced the timeless practices and teachings of Yoga. ■

For healing to take place, one must purify oneself.



Vidyalayam Corner

Commentaries On Siva's ABC's



Shanthi Levy:

A - Always depend on God.

Have total faith in God. If you have any problems, ask God to help you. You depend on God for everything you really need.

B - Bear insult, bear injury.

If someone has hurt you, you don't get angry and upset; you just keep yourself calm. You are nice to that person, just the

same as if they hadn't hurt you. And you don't have any bad thoughts about them.

C - Control your tongue.

You should watch what you say. If you are angry with someone and you are about to say something that might hurt their feeling, try to notice it and do not say that.

D - Do not cheat anyone.

Do not lie. Do not trick anyone, so that you will get the benefit. An example: you want something someone else has. Don't trick them into giving it to you.

E - Evil company is dangerous.

You don't spend your time with people who will make you do bad things. You may not know it, but sometimes even your own friends could be evil company. Also, you should not be evil company to others.

F - Fear nothing.

Do not be afraid of anything. A lot of your fears may be a trick of your mind that you believe. A lot of your fears may be false. You should forget all your fears.

G - Give, give, give; God will love, love, love.

If you give to others, you will get love in return. You don't have to give things; you can give love or help or even your smile. People will love you if you give to them.

H - Helping others is a virtue.

Helping others is a good deed. You should help others whenever you see something to do. You can help with anything; it doesn't have to be something big. If you see someone needs help, help them.

I - Injury is a vice.

You should never hurt anyone. Just as helping is good, injury is the complete opposite. You should check yourself before you do anything. If it is good, that means that no one will get hurt and someone will get the benefit. If somebody will be hurt, you shouldn't do that thing.



Jyoti Sackett:

J - Japa is your coat of arms.

Mantra is your protection, your shield that protects you from the distractions of life. If you repeat your mantra over and over you will automatically have a mantra shield. Nothing will hurt you because it can feel the power and vibration of your mantra. You will realize God.

K - Knowledge is the fruit.

Knowing God is the nectar, the sweet-

ness and the reward for trying and then reaching God. Knowing God is the reward.

L - Live for others.

Don't be greedy. Don't only think of yourself. Think of others. Don't make yourself higher than your friends. Make you and your friends equally the same. So, live for others.

M - Mind deceives; beware!

The mind lies; beware! It tries to trick you and make you do something sneaky whenever it has a chance. So watch out. Mind deceives.

N - Nip anger in the bud.

Stop the anger before it blooms and hurts you and someone else. You hurt yourself first before anyone else. It kills the nerve cells in the nerve system in your body. It affects you first. So nip your anger in the beginning. Stop it before it ruins you and hurts someone else.

O - Overcome greed by liberality.

Overcome your greed by being generous to others. Don't think of yourself all the time. Think of others and don't be greedy and want things for yourself. Be generous.

P - Pure mind is your friend.

A pure mind is your best friend. If you have a pure mind, you will be kind and loving to others. Your mind will be spotless, no bad thoughts.

Q - Quietness will lead you to progress.

Quieting the mind will lead you to God. You will know God, not as an imaginary friend, but as a real, true friend.

R - Recite the name of God.

Repeat the name of God. Recite it over and over. When you recite the name of God, you are repeating a mantra. When you are initiated, you are given a special mantra. So, recite the name of God.



Shankar Mandelkorn

S - Speak sweetly, speak softly.

If you speak sweetly and softly, then people will want to be around you. You will have more friends because you won't be so loud and harsh.

T - To love is to serve.

If you love people, then you will serve them. You won't just say, "I love you." You will always be willing to serve them. That is love.

U - Understand yourself.

You should know what your good qualities are and what your bad qualities are so you can help your good qualities and try to get rid of your bad qualities.

V - Virtue is the staff of life.

Just like a staff, virtue will help you to climb up the hills of life. The hills are the bad things in life that happen to you. If you are a virtuous person, then God will always get you through those bad times.

W - Within you is bliss.

Everybody thinks that if they have the most things, then they will be the happiest person. So, they always try to get happiness from things. But the truth is that happiness is within you. You just have to be a good person and you will always be happy.

X - (e)Xert yourself for good.

You should set yourself a goal that is for good and work very, very hard to reach that goal. Then set yourself another one and live your life like that.

Y - Your treasure is God.

You are always searching for God. That is the goal of life. When you do a bad thing then you are making a wrong turn. When you do a good thing, then you are making a right turn.

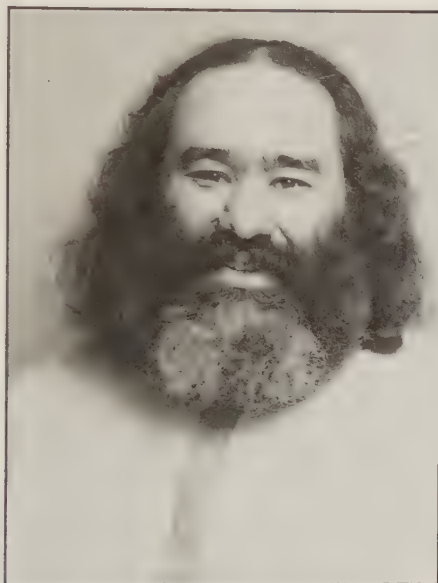
Z - Zero has no value if not attached to a unit, so life has no value if not attached to God.

Zero is nothing unless you put a number in front of it. Your life is the same. You have to get to God, and when you do, you will become Him. You will be worth something. You will be a help to the world. ■



Integral Yoga Highlights

Rev. Jaganath Carrera Speaks At The Elmwood Park Integral Yoga Institute



This past Fall, on the evening of October 15, Reverend Jaganath Carrera, Vice President-Administrator of Satchidananda Ashram-Yogaville, gave a talk to about twenty people at the Integral Yoga Institute of Elmwood Park, New Jersey. His topic was: *How To Bring Your Life Into Harmony With What You Believe.*

Exploring how the teachings of Yoga can help clarify what it is we want from life, Rev. Jaganath focused on the practical, for example the importance of a conducive environment: what kind of books do you read, what type of music do you listen to, what do you watch on television? Rev. Jaganath advised that it is important to observe how all these things affect the mind, recommending that it is important to stay away from the

things that disturb our peace or distract us from our spiritual goal.

He also mentioned the importance of having supportive friends who will encourage you to achieve your goals. The Elmwood Park IYI, which beautifully organized this program, truly offers such an environment.

Directed by Margabandhu Martarano, a long-time devotee of Sri Gurudev and an Integral Yoga teacher for many years, the Elmwood Park IYI is a small but very active center. The Institute has its own natural food store and offers beginning, intermediate and open Hatha Yoga classes, meditation courses, open meditation on Friday evenings, workshops in various aspects of health and nutrition, monthly *pujas* and guest speakers. ■

Hari Om, Gurudev

by Shankara and Bhavani Osborn



*Hari Om, Gurudev
Angels are dancing with delight in the
Peaceful
Presence
You give to all*

*Joyously
Anna Poorna
Yields
Abundantly through you
Neverending
Teachings of Truth
Helping us know our
Inner Selves*

*God has blessed
Us with your
Radiant and resplendent
Unduism
Dear Swamiji, we are
Eternally grateful and
very, very thankful*



photo by
Mainardo Manzano

The Joy of Yoga in Action!

Summer Program For Children

by Kumari de Sachy



Sri Gurudev has said that the Vidyalayam (the Yogaville school) is the culmination of his work. Recognizing that there are many children who are not able to attend the Vidyalayam but who would love to experience the yogic lifestyle full time, Sri Gurudev has always suggested that these children should somehow have the opportunity to experience life at Yogaville.

In the summer of 1988, after years of planning, this opportunity came into fruition in the form of the Summer Program, a camping program for children eight to twelve years old. As part of their school curriculum, students from the Vidyalayam's Upper School helped in the development and operation of the camp. That year, two-thirds of the campers were Vidyalayam students; the rest came from different parts of the country. Then, as now, several senior disciples of

Sri Gurudev, as well as junior counselors helped to make the program a success. And because the Vidyalayam was already established, we were able to use those facilities for the week-long summer program.

The philosophy underlying the Summer Program is twofold: the Vidyalayan children can share their yogic lifestyle with children who do not live in a Yoga community and they also have the opportunity to be examples of good yogis.

From the beginning, the emphasis has been that the children learn to develop friendships and harmonious relationships and experience the spirit of selfless service. Also, children are encouraged to develop their own interests rather than to focus on achieving particular skills or winning awards. During camp, they enjoy such outdoor activities as swimming, canoeing, and sports.

well as arts and crafts, the performing
storytelling around the campfire, and,
course, Hatha Yoga and meditation.

This past summer, thirty children at-
tended the fourth annual one-week sum-
mer program; half of them were from
Yogaville and the other half were from
various parts of the country, from New York
to California. The children sleep in tents in

the woods, close to
the Ashram Nataraja's
studio, near the
Vidyashram, and
have been using
the Vidyashram
kitchen, showers,
bathrooms. We
are coming to real-
ize, however, that if
we had more suit-
able facilities and

accommodations, we could make this won-
derful—and unique—summer program
available to more children; we could also
extend the length of the program for those
who would like to spend more time at
Yogaville and even expand the program to
include families. The Ashram could also
use these facilities to accommodate
visitors and program participants.

A planning committee has been busy
meeting once a month, partly to organize

next year's program—which has been ex-
tended to two weeks and will be held from
August 8 to August 23—and also to plan for
the future. After thorough reflection and
research, we have come up with a plan for
the kind of facilities that we feel are nec-
essary to realize our goal of expanding the
summer program. The plan calls for five
cabins that would sleep a total of thirty, a

bathhouse, a
kitchen-dining fa-
cility, and a pavil-
ion that could be
used for the per-
forming arts and
for other programs
during rainy
weather. The pro-
jected cost is
\$75,000 for build-
ings and utilities.

Whatever profits are earned from the pro-
gram would be put towards the construction
of facilities.

Through the grace of God and Guru,
it is indeed a great blessing to share the
priceless gift of Yoga with those, young
and old, who would like to come to
Yogaville to experience the joy of Yoga in
action and to live the teachings of Integral
Yoga and Sri Gurudev. OM Shanthi,
Shanthi, Shanthi. ■

*From the beginning, the em-
phasis has been that the
children learn to develop
friendships and harmonious
relationships and experience
the spirit of selfless service.*



Integral Yoga International

Satchidananda Thapovanam Kandy, Sri Lanka By Sri Mohan Ponniah

In September 1955, Sri Gurudev, together with a group of devotees from Kandy, began to search for a place to house a Yoga ashram. They discovered a lovely coconut garden that contained a huge building and an adjoining temple situated on the banks of the Mahaveli Ganga. The temple trustees gave permission, and the devotees set to work repairing buildings and refurbishing the grounds. Satchidananda Thapovanam was opened on October 29, 1955. At first Sri Gurudev lived there alone, but soon several devotees joined him. Eventually, fifteen ashramites lived there, planning discussions, classes and Yoga treatments for various physical ailments. Sri Gurudev remained at Satchidananda Thapovanam until he moved to the United States in 1966.

Sri Mohan Ponniah, present Trustee of Satchidananda Thapovanam, visited Sri Gurudev in India this past Fall and presented him with the following report.

Satchidananda Thapovanam is situated two kilometers from the beautiful city of Kandy and lies on the banks of the Mahaveli Ganga, Sri Lanka's longest river, which joins the Indian Ocean at Trincomalee. It is located in a calm and quiet atmosphere, although it is so close to the once capital city, Kandy.

On these premises lies the Kutir where Swamiji lived before he arrived in the United States. The Ashram has lodging facilities for devotees who come to visit. Furthermore, this Ashram is about a five-minute drive from the famous Dalada Maligawa Temple of the Tooth Relic of Lord Buddha, which is visited by millions of people annually from all parts of the world.

The serene atmosphere prevailing at this Ashram, where only the quiet flow of the river waters are heard, is ideally suited for long hours of peaceful meditation. ■



Deepavali

Celebrating the Victory of Light over Darkness by Parameswari Adie



Parameswari Adie, born in Malaysia and a long-time devotee of Sri Gurudev, resides in Charlottesville, Virginia, with her husband, Sadasiva, and their two sons, Prabhu and Ravi. Parameswari is the director of the Charlottesville Montessori School.

Deepavali is one of the most joyous festivals in India. It is celebrated by Hindus all over the world. When I was a child, *Deepavali* was the holiday that we all looked forward to.

Deepam means "light" and *Aavali* means "row" or "line," and *Deepavali* is celebrated by the lighting of lamps and the welcoming of the Light into our homes and into our hearts.

There are various origins attributed to this festival. Some say that on this day Lord Vishnu married Lakshmi, and some say that the holiday commemorates the day when

Lord Rama returned to Ayodhya after defeating the demon Ravanna. On this day also, Sri Krishna killed the demon Narakasura. All these origins signify the same thing: the victory of good over evil, light over darkness. So, in all the homes, at night especially, people turn on all the lights because they want to chase away all the darkness.

On the practical side of this festival, the Hindus start preparing weeks ahead by cleaning their homes, making new clothes for children and adults, and preparing lots of sweets that are made only during this holiday. In fact, this is the only time that we get to eat all these hundreds of varieties of special sweets. And I remember that in my home, when I was a child, they used to make huge tins of one kind of sweet and hide the tins way above, where we wouldn't be able to touch them until the day of the festival; and, on that day, they would bring all the tins down, and we would open everything up, put the sweets on little trays, and, then, the children would take the trays filled with all the different varieties of sweets to the neighbors' houses. And it was really nice because our neighbors were not Hindus; they were Chinese or Malays, so it was a special treat for them. They would take the tray, empty it, and then they wouldn't give us an empty tray in return, so they would either put money on it, some coins, or they would put sugar, symbolizing sweetness for the holidays.

The Hindus, on the morning of *Deepavali*, wake up early, before sunrise, and take an oil bath, which is said to be

celebrating. Then they do a *shradh puja* (worship service), and usually, they have pictures of family members who have passed away on the altar, since this is also a day to honor the departed. After the bath, everyone puts on new clothes, which were put before the day the night before, and then everybody goes to the temple to offer flowers and incense and to get the blessing from the priest.

The entire day is filled with fun. It's just filled with festivity and friendliness, and also all the homes are open. It's like an open house. All day long, people come and go. There's a lot to eat and drink—it's really great fun. Also, for those families that are well-to-do and that are able to give a little bit

more, this is the day when they give alms to the poor. All the beggars and homeless people

get new clothing and lots of food on this special day. At night the children get to play with sparklers and fireworks (a lot of fireworks), which was something that I always used to look forward to when I was a

Deepavali is a day of forgiveness and renewal of spirit, a letting go of any darkness that we may be harboring in our hearts.

child. It was such fun!

In general, Deepavali is a day of forgiveness and renewal of spirit, a letting go of any darkness that we may be harboring in our hearts. Master Sivananda says that the supreme Deepavali is when we merge ourselves in the inner Light of the Higher Self. I'd like to conclude with a prayer from Master Sivananda:

May we all attain full inner illumination.

May the supreme Light of Light engrain our understanding.

May we all attain the priceless spiritual wealth of Self.

May we all prosper gloriously on the material, as well as on the spiritual plane.



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A Prayer For Peace

by Swami Jyothirmayananda Ma



*Dear Lord, may we all experience
eternal Peace and Joy,
guided by our beloved Sri Gurudev
and all the great saints and sages.*

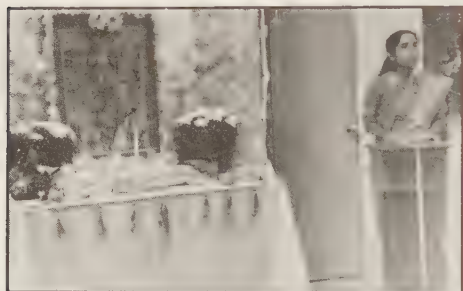
*May there be Peace and Love
within and between all the
families throughout the world.
May there be Peace and Love
within and between nations.
May humanity respect and love
the Mother Earth and all the life upon her.*

OM Peace, Peace, Peace.



Rejoicing In Love And Light

From time immemorial and in all traditions, Light has resonated as a powerful symbol of the Divine—God, Cosmic Consciousness, the Self. The metaphor of Light manifests in scriptures and religious rituals of all traditions. This year at Yogaville, we celebrated the Hindu, Jewish, and Christian Festivals of Light: Deepavali, Chanukah, and Christmas.



Paramesh Adie next to the Deepavali Altar



Lighting the Chanukah Menorah



Sri Gunudev makes an Offering to the Christ Child



Nativity Scene

Holiday Messages

77th Jayanthi Celebration

December 21 - 22, 1991

Saturday Morning

Blessed by the presence of Sri Gurudev and sangha members from all over the world, the joyful celebration of Sri Gurudev's seventy-seventh Jayanthi began on Saturday morning, December 21. Devotees performed *Akhanda Japa* from 4 a.m. until 10 a.m., when the program began. Festivities included a *puja* offered to Sri Gurudev, tributes, and special presentations, including two new video tapes from Shakticom—*Deepening Your Meditation and Spiritual Help for Addictions*—and an illuminating booklet, *Lives of the Luminaries*, which recounts the lives of the great sages and saints whose portraits are displayed in Sivananda Hall.

After all the presentations were made, Gurudev playfully bestowed upon us the following words of wisdom.

Nothing Comes, Nothing Goes

This is a wonderful opportunity to worship the Supreme Falsehood. Daily, we worship falsehood, but today is the special day—we call it a *birthday*. I still wonder, "To whose birthday are you having this celebration? Who is born?" The *Bhagavad Gita* says: "The Supreme Soul is never born and never dies." It was not existent at one time to disappear at another time. Even though the body disappears one day, the soul never does. So, is it the birthday to the real Satchidananda or the unreal body of Satchidananda? Seventy-seven years old, you say. Satchidananda was not the name

given to this body seventy-seven years back. So why, in the name of spiritual practice, celebrate this absolutely, non-sensical falsehood? It doesn't make any sense. But, then, we are living in the false world—even in Virginia there is a *Falls Church* [a town in Virginia].

Truth is always there

The body is a false thing, simply a balloon filled with air; a little prick is enough to dispose of the form. So, then, why in the name of searching for the truth are we celebrating a falsehood? It seems that the only reason is that living in falsehood, we can't do anything else; we have to live in the falsehood; we have to start from where we are. Even

though the Truth is absolute, we can't jump to that right away. There is the truth of nature and there is the Absolute Truth. We have to understand the Absolute Truth and realize what we are: that everything is the Absolute Truth. Nothing comes, nothing goes. The *Bhagavad Gita* says, "What is is always there. What is not is ever not."

Sat, truth, is always there. If it's there one time and then disappears, it's not *Sat*. But the problem is that we live in a conditional state. We condition ourselves, and the others who live in this state help us to get conditioned. So, from the conditioned, we have to get to the unconditioned. We have to start where we are, living in a false, worldly life, thinking ourselves to be something we are not. We cannot jump to that Absolute

*From the conditioned,
we have to
get to the un-
conditioned.*

Truth. Gradually, we learn to understand that all these things are not there but, temporarily, seem to be there, appear to be so—what the scriptures call *maya*. You say that something is there, and it's not. All that we see here is not really there. You see only the forms and names. Seldom do you see the essence.

What changes?

We go through confusion, ups and downs, and when we've had enough running around, treating these false names and forms as though they were true, one day we get tired. We don't want to run anymore, and, then, we start looking at what is behind those names and forms. It's

only at this point that we look for the Truth. We have to get sick and tired of running after these shadows. It's like being in the darkness, holding a lamp, seeing the light, yet looking for the lamp, not realizing that the light is coming from the lamp that you are holding. That's why real spiritual life begins only when you become tired of the illusory names and forms, where things keep changing and nothing seems to be permanent.

So, what is the thing that changes? Are we looking for the thing that keeps changing or only for the changes? If you forget about the thing and see only the changes, you experience turmoil. But that's how we learn, going through the turmoil, so that we can eventually see that which doesn't change.

If you see the real stuff, you're called a *seer*. If you see only what changes, seeing the universe as the universe, then you miss the essence. The problem here is that you have to learn to see both at the same time. If you see everything as *Param*, the Supreme One, you will be called insane and will not be fit to live in this world. At the same time, if you see *only* the world without seeing the essence, your life will be in turmoil. We

have to see all simultaneously. If you always keep the memory of the unchanging essence, you remain silent, happy, established in your equanimity; at the same time, see your part and play your part in the world.

Playing your part

So here we are, teacher and disciples celebrating Jayanthi. If you say it's all false you won't enjoy it. Enjoy the drama. The world is a drama and we all have to play different parts, though, essentially, we are

all the same—a well-proven truth. But if we all stay the same, then there's no drama or fun in life. It's all to have fun. As long as you remain in the Absolute Truth, playing your part, knowing that it's

a part, then you enjoy the drama. The minute you miss the Absolute Truth, you see other, as different and stick to your part. Then, the fun becomes fight.

We're not here to change the world. We can't change the world. We can't change what we didn't create. The ego gets involved. Nothing is absolutely permanent in the world. Your friend can become your enemy and vice versa. The person is the same, none other than our own selves playing different roles. If we know this, we will never go through turmoil; we will just play our part in the drama, where hero and villain are both parts of the drama. If we get this point clearly in our lives, we will never have any enemies or friends, because we will have ourselves. There's music for birthdays, music for funerals. That's where we learn to be neutral.

In the unreal world, everything is real. So, let's learn to enjoy life in every aspect and we can do that only when we know that everything there is temporary fun, drama. The world is a drama, and we are all the players. Just play, play, play. No need to work. But no need to play either. You are al

There's music for birthdays. music for funerals. That's where we learn to be neutral.

playing your parts. Maybe one day you'll change your makeup and your part and the other person will do the same. If you realize the Eternal Truth, play your part, then you are called a Realized person, and that's what we're here to learn—the sooner, the better! So, I wish you all a happy birthday. ■

Saturday Evening

On Saturday evening, devotees of all ages presented their marvelous Jayanthi offerings to Sri Gurudev. The Vidyalayam Pre-School and Primary School students, as

bara Integral Yoga Teaching Center offered the lovely and thoughtful gift of a new carpet for Sivananda Hall. After the closing *arathi*, we enjoyed *prasad* and Jayanthi birthday cake. Swami Gurucharanananda, Director of the Yogaville Choir, led us in a resounding "Happy Birthday" song to Sri Gurudev.

Sunday Morning

Jayanthi festivities joyfully recommenced on Sunday morning with the chanting of the *Guru Gita* in Guru Bhavan,



well as the Yogaville Choir, delighted us with their beautiful singing, the young students of Karuna Howeth's Hula class en-



thanted us with their exotic performance, Prabhu and Ravi Adie charmed us with their piano virtuosity, and Radhika Miller captivated us with her flute. Shankar Fern and Swami Sevananda offered moving tributes to their beloved Gurudev. Many devotees sent birthday telegrams, and the Santa Bar-

followed by the dedication of Vidya Bhavan (Library) and Ramalinga Nilayam (new dormitory). A *puja* was performed in Vidya Bhavan for both buildings. Swami Murugananda, who organized and cataloged the entire collection of thousands of books, offered thanks and gratitude to Sri Gurudev and to everyone who helped make the library a reality. Muruganandaji described the history of the library, how it began as a small library for students in the basement of the Vidyalayam. Then, Swami Ramananda, who was Ashram Manager at the time, asked Muruganandaji to put together an Ashram library. Sri Gurudev suggested that we have a building. And, one day, a computer almost miraculously appeared. Muruganandaji admitted, in his typically witty style, that this project is an example of being pursued by an idea until it

captivates you.

At this point, housed in a cozy, sunlit, modern building, the library contains 8,037 books and the most sophisticated cataloging system available, with subjects listed from A to Z. Muruganandaji is planning children's story hours and a music library, and he would like to include quiet games like chess and backgammon, a gallery of children's art, and a gallery of great contributors to culture.



After Muruganandaji's talk, Sri Gurudev cut the ribbon, concluding the dedication of Vidya Bhavan. Muruganandaji presented Gurudev with the first library card, No. 1008; expiration date: Eternity; address: The Universe. And Sri Gurudev shared with us the following thoughts:

Here I am standing here, a person who never reads a book. A great thinker once said that people in a library are surrounded by great authors who speak to them. Each one tells them silently something great. That's the beauty of a library: to bring all the saints, sages, seers and great thinkers under one roof. Even if you don't read, come and sit here and you'll be given

great thoughts. You'll feel that you're not an individual, but part of a group.

The entire credit should go to our glorious brother, Swami Murugananda. Without him there could not be a library here today. This attests to the greatest beauty of Yogaville. One day, you may have LOTUS University here. The Absolute God always blesses good thoughts to make everything possible.

After imparting this inspiring message, Gurudev led a procession into Ramaling Nilayam, the new residence facility named for Sri Ramalingam, the great sage who was at once a deep mystic and a practical saint and who, in his deepest meditation, saw the Lord as Light. Here, also, Sri Gurudev cut the ribbon to inaugurate the new dormitory.



Sunday Evening

The Sunday evening program was filled not only with an extraordinary display of talent, but also with what Sri Gurudev called the three D's: devotion, dedication, and discipline. In the radiant ambience of Lov

and Light, we listened to the superb guitar compositions of Bruce Bectar and the heartfelt songs of Dharani Wenzel, and we watched the spirited country and western



dancing of Revs. Bhavani and Bhagavan Metro. Savitri and Roger de Meyer, from Belgium, performed a lovely French birth-day song in honor of Sri Gurudev, and Sivakami Sumar and her daughter, Renata, who were visiting from Brazil, offered a remarkable presentation of choreographed *rasanas*, performed to an audiotape of Nada bhakti chanting the *Gayatri mantra*. Jimavan Hamburg delighted us with his keyboard variations of North and South Indian songs. The offerings concluded with an effervescent performance of song by Meera Alexander, whose last song, *My*



Beautiful Guru, was performed by Meera and her "Miracle Choir of Yogaville." Everyone joined in to create an atmosphere



that was charged with the power of love, and Sri Gurudev responded with the following message.

An Everyday Celebration

The beautiful dance of Lord Nataraja

I don't know what to say now. If this is the way that you want to celebrate Jayanthi, let's have it as many times as possible. It's unbelievable. Well, I'm glad that I became the excuse for all the fun. It looks as though I will have to withdraw the words that I said yesterday: "What is the good of all these festivities?" I think you should forget about the "immortality of the soul" [which Gurudev was speaking about the previous day] and see birth and death as real [laughter]. There is a beautiful prayer that a devotee sang to Lord Nataraja in Tamil. It says, "Even the human birth is very much welcome in this world if I can always have the *darshan* of Lord Nataraja with His beautiful smile and all the various limbs swinging around." He says, "People sometimes pray, 'I don't need this birth and death. I want immortality. I don't want to go through these pangs of birth and death.'" But to this he says, "If I can have this joy of seeing the beautiful dance of Lord Nataraja, then I wish to take birth again and again and again and such a birth is necessary." So, I will have to repeat that song today, seeing you all joyously enjoying. I feel like saying that, yes, this kind of birth is

very necessary.

But, let us not forget that Jayanthi is not only once a year. See, Jesus came and went, but we are still celebrating Christmas. However, it has become an historical event: we celebrate Christmas only once a year. All these occasions should be celebrated every day. Not exactly in this format [laughter]; it should be celebrated within. The thoughts and the presence should be within ourselves. Another great saint sings, "Lord, any day that I don't think of You, sing your name, is a

dead day. I was not born on that day if I didn't have an opportunity to think of You." So, if we want to make all our days *living* days, we should think of the great thoughts and the great sages and saints, whatever be the excuse. Otherwise, it will be just once-a-year fun. Instead, we should make it a sort of everyday celebration within our lives.

Well, it's a great joy to see everyone—from the youngest to the oldest, from the thinnest to the fattest—all on one stage, singing. And that's what Yogaville means. I want to see this kind of unity, this kind of joyful operation every day, in whatever you do. That way, you will always be celebrating Jayanthi.

The spirit of understanding everything

I really don't have enough words to say about how much I appreciate this. I want the whole world to come to see this kind of community spirit, how we are all living together, working together, enjoying life in the name of Yoga. Yes, sometimes we go through certain moods. Life is not always the same. It fluctuates. There are a lot of waves in our lives. But if we have the spirit of understanding everything and taking it in the proper light, we will enjoy every minute of life, whether it is sad or pleasurable.

I want the whole world to come to see this kind of community spirit, how we are all living together, working together, enjoying life in the name of Yoga.

Nobody would want to have happiness always—I mean relative happiness. No. Nobody would like to eat sweet, sweet, sweet always. You get tired of that also. So, it's nice to have a little pickle. And the pickle makes you eat more sweets later on.

Imagine your own family. You get into a problem one day and you don't see each other for a little while. Then, somehow, you make it up. And, then the joy is renewed. Every family, every household, every ashram *should* have a little quarrels here and there. And once the

quarrel is solved, you enjoy a renewed happiness. That's what life is. Otherwise, life would be a bore. All the sages and saints have unanimously said that. Neither the pleasure nor the pain stays for long. In Rishikesh, Gurudev [Master Sivananda] asked us to put up a small signboard that said, "Even this will pass away." That means that pleasure will pass, pain will pass. Nothing is permanent. It comes and goes, comes and goes. We should raise above the two.

Nobody has ever seen a happy world. People talk about *swarga*, heaven. Don't think that people there are always happy. They are not hungry; they are not sleeping. Because in heaven nobody is hungry, nobody is sleepy. So what would they be doing? It would be a dull place. If we really want to enjoy life, the world is the best place. That's why we are all fortunate in coming to earth taking birth in this world. The scriptures say *Tanu karuna bhuvana bhoham*. *Tanu* is the body; *karuna*, the senses; *bhuvana*, the world. All created by God. For what? For *bhoham* for enjoyment. Only here can we enjoy life because it is mixed with both pleasure and pain. And the only way to enjoy it is to accept that.

World means *mixture*. If you accept that the truth of the world, the truth of creation

to be understood. Life is filled with this mixture. Krishna says, "Every time I come, I come, take birth," and what has He done to the world? It's still the same. If all the sages and saints could have made the world different, nothing but pleasure, why didn't they do it? Why couldn't they do it? Because it's meant to be like that. However much we talk about peace—Star War, Star Lite—it's all impossible.

Raise above the dualities

The world is always filled with dualities, even the so-called *Ramaragyan*. When Rama lived, there was Ravanna, too. So what does that mean? The world is always a mixture of both: pleasure/pain, profit/loss, praise/blame. We should never try to run away from that. Sit right. You cannot run away from one place to another. Wherever you go, you take

your own *karma*, we say. So, then, how to make the place where you are a beautiful one? By understanding it properly.

The world becomes beautiful if you understand it properly, if you accept it properly. Pain and gain, both are like two wings. Once we accept that, there's nothing but joy. You enjoy both profit and loss. How often when we get some money do we immediately call everybody, "Hey, I got it, I got it! One million dollars! Two million dollars!" Why don't we do the same when we get a big loss, call somebody and say, "Hey, I lost \$50,000 now! What do you think of that!"

The one who knows how to enjoy the pain, how to enjoy the loss as he would enjoy the pleasure and the profit is the one who really lives in this world happily ever after.

So, let us learn to live that way. Accept both, enjoy both. Tune them all together. Look at all these examples here [the devotees who performed together on the stage]. Various instruments, various types of people, various ages. All well-tuned, it becomes a beautiful orchestra. The world is a big orchestra, a music ensemble. Let us learn to tune the instruments properly and enjoy life. Don't wait for another year to celebrate Jayanthi. Keep celebrating it every day in

your heart. Carry this joy and jubilation with you. When a little pickle comes, take it; it's for good, so that you can enjoy more. Never be offended by or afraid of facing both pleasure or pain. Let nothing come to disturb your joy, your

fun, and your peace. That's the only thing we can go with, the only thing we have come with. Never, never lose that. And nobody is going to give it to you if you lose it, so there should be no cause to lose your peace. Let us enjoy the peace at all costs. That way, we are building a beautiful Yogaville within our hearts first.

I wish you that kind of permanent peace in the midst of all this turmoil. And I thank you for giving me this wonderful opportunity to witness this beautiful dance of the world. God bless you. I wish you all the best. OM Shanthi, Shanthi, Shanthi. ■

*If we really
want to enjoy
life, the world
is the best place.*



New Year's Eve Message

At Yogaville, 1992 began in an atmosphere of love and tranquility. We ushered in the New Year with a puja, the beautiful music of Bruce Becvar, a talk by Swami Vidyananda about resolutions, and meditation at the LOTUS. We also had the blessing of spending New Year's Eve with Sri Gurudev, who presented us with a brief but puissant message.

Serve, Serve, Serve

This will be a short message, the shortest message: serve, serve, serve. All the scriptures say the same thing, "Do unto others as you would have others do unto you." If you want to be served, put yourself in the other's place. The entire teachings can be summarized in this little practice. Serve in any way you can; it doesn't matter how small or big.

Nobody can say, "Oh, I have nothing to give." You always have something to give: a dollar, a penny. Serve, serve, serve. Put God's creation first; God, next; you, last. God can survive without your *arathi*, without your incense. He doesn't need you. But other people need things—a hut, a little food—and giving to God's children makes God happy. And that's what you call *sacrifice*.

Remember, each one of us is a cell in the Cosmic Body. The whole universe is a body and every cell is equally important for the health of the body. If you don't take care of yourself that one cell, the whole body falls sick, so you shouldn't think that you are insignificant. Everything in creation has the spark of that Divine Force. God is omnipotent, expressed in everything; service to anything is service to God.

So let this new beginning of the New Year be a serviceful year. Let each one of us think that service is our priority. Giving with total love and humility should be our motto.

During the New Year's Eve celebration, Sri Gurudev asked that on New Year's Eve we chant the following mantras, in Sanskrit and English, in place of the OM Tryambakam mantra that we chanted in the past:

OM Sarveshaam Swastir Bhavatu
Sarveshaam Śaantir Bhavatu
Sarvesham poornam bhavatu
Sarveshaam Mangalam Bhavatu

Auspiciousness be unto all
Perfect peace be unto all
Fullness be unto all
Prosperity be unto all

Sarve Bhavantu Sukhinaha
Sarve Santhu Niraamayaah
Sarve Bhadraṅgi Paśyantu
Maa Kaśchid Duhkha Bhaag Bhavet

Happiness be unto all
Perfect health be unto all
May all see good in everyone
May all be free from suffering

Day-By-Day With Sri Gurudev

Yogaville

On Saturday, January 11, Sri Gurudev hosted a special luncheon in honor of Peter Max. The Yogaville community joined Sri Gurudev in welcoming Peter as a new neighbor—Peter has purchased land adjacent to Yogaville and is planning to building a home here—and celebrating the great service that he is performing through his art.

Peter was in Virginia to initiate a two-year tour of his work; the first exhibition of this tour was to begin on the evening of January 11 in Richmond. Recognized not only for his art, but also for the wonderful service that he is performing in connection with various ecological concerns, Peter was honored by the The State of Virginia, which has instituted a "Peter Max Day." Peter has also received the honor of being commissioned to create two huge murals that will serve as part of the entranceway to the American pavilion at the upcoming World's Fair in Seville, Spain. Praised by Sri Gurudev and the Yogaville community for his untiring

service, performed internationally, Peter acknowledged that both his art and his service would not be possible without the teachings and inspiration of Sri Gurudev. He said that his artwork reflects Sri Gurudev's teachings and that through this work he is able to share Sri Gurudev's teachings with people all over the globe. ■

—Kumari de Sachy



*"If you realize the
Eternal Truth, play
your part, then you
are called a Realized
Person, and that's
what we're here to
learn—the sooner,
the better!"*

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*"Nothing is perma-
nent. It comes and
goes, comes and
goes. We should
raise above pleasure
and pain."*

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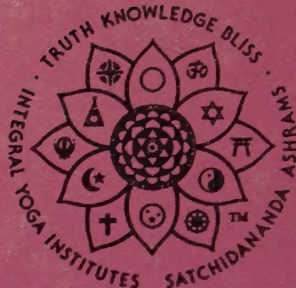
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Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, Raja Yoga leads ultimately to the state of samadhi, or super-consciousness.

Japa Yoga

The concentrated repetition of a mantram, a sound vibration representing an aspect of the Divine, leading to awareness of and attunement to this vibration.

Hatha Yoga

Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas) purify and strengthen the body and mind.

Karma Yoga

The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga

The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga

The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind and realizes the Oneness.

The Goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of: a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as crystal, and a life filled with Supreme Peace and Joy.

Swami Satchidananda
S.